## **Exercise: Forming reflections Reference**

- Statements, not questions
- States an hypothesis, makes a guess about what the person means (rather than asking)
- Voice goes down
- Starts with.....
  - You....
- Can amplify meaning or feeling
- · Can be used strategically Overshooting or Undershooting
- There's no penalty for missing
- · In general, a reflection should not be longer than the speaker's statement

## Examples

- You are feeling......
- · You are not happy with....
- · You are a bit uncomfortable about ....
- You are having trouble......
- You are conflicted about .......
- You're not ready to....
- · You're having a problem with ....
- You're feeling that.....
- · It's been difficult for you....
- You're struggling with......

Observers Notes:			